WHAT IS CLAIMED IS:

1. A knee pad assembly comprising:

a knee pad assembly for attachment to trousers adjacent the knee position thereon, said knee pad assembly comprising a first plurality of panels and a second plurality of panels, each of said first and second plurality of panels having a free open edge as first and second closed side edges and a closed bottom edge to define a pocket, said first plurality of panels having their free edges facing said second plurality of panels and said second plurality of panels having their free edges facing said first plurality of panels; and

a pad, said pad being sized to engage under a selected one of said first plurality of panels and engage under one of said second plurality of panels so that said knee pad can be selectively positioned by engaging under a selected one of said first plurality of panels.

2. The knee pad assembly of Claim 1 wherein the distance between the open edge of one of said first plurality of panels and the open edge of one of said second plurality of panels is the same as the distance between another one of said first plurality of panels and another one of said second plurality of panels.

- first, second and third panels in said first group of panels and there are fourth, fifth and sixth panels in said second group of panels and the distance between the open edge of the first panel and the open edge of said fourth panel is the same as the distance between the open edge of said open edge of said open edge of said fifth panel and is the same as the distance between the open edge of said third panel and said open edge of said sixth panel.
- 4. The knee pad assembly of Claim 3 wherein said pad has a concave face and a convex face and said pad is positioned so that its concave face is toward the user's knee.
- 5. The knee pad assembly of Claim 3 wherein said assembly is positioned on the inside of a trouser leg.
- 6. The knee pad assembly of Claim 3 wherein said assembly is positioned on the outside of a trouser leg.
- 7. The knee pad assembly of Claim 3 wherein said panels are secured to a backing layer and said backing layer is for securement to the trouser leg.

8. A knee pad assembly comprising:

a first plurality of panels and a second plurality of panels, said panels being secured together in alignment with each other, said panels being closed on their left and right edges and bottom edges to form a first plurality of pockets and a second plurality of pockets, each having an open edge, said pockets being secured with respect to each other so that said open edges of said first plurality of pockets face the open edges of said second plurality of pockets to form a pocket assembly; and

a knee pad, said knee pad being sized to engage in a selected one of said first plurality of pockets and in a corresponding one of said second plurality of pockets so that said knee pad can be selectively positioned with respect to said pocket assembly.

9. The knee pad assembly of Claim 8 wherein each of said second plurality of pockets is equidistant from a corresponding one of said first plurality of pockets.

- 10. The knee pad assembly of Claim 8 wherein the distance from one of said first plurality of pockets to one of said second plurality of pockets is the same as the distance from another one of said first plurality of pockets to another one of said second plurality of pockets so that said knee pad can be engaged in one of said plurality of pockets and one of said second plurality of pockets to selectively position said pad in said pocket assembly.
- 11. The knee pad assembly of Claim 10 wherein said pad is a polymer foam pad, said polymer foam pad being configured to bend substantially on its center line.
- 12. The knee pad assembly of Claim 11 wherein said knee pad has a concave face for positioning toward the user's knee and a convex face for positioning away from the user's knee.
- 13. The knee pad assembly of Claim 10 wherein said knee pad has sides and said sides are curved to encourage bending across the centerline of the knee pad and said knee pad has a concave dome on its face for positioning toward the knee.

- 14. A knee pad assembly for attachment to the knee areas of the user's trousers, said knee pad assembly comprising a pocket assembly, said pocket assembly comprising a plurality of overlapping panels, said panels having a left edge and a right edge, said panels being stitched together on stitch lines adjacent said left edge and adjacent said right edge, each of said panels being stitched across from said left edge to said right edge to define a pocket, a first plurality of said panels having said pockets facing toward said second plurality of panels and said second plurality of panels; and
- a knee pad, said knee pad having sides and having a distance between said sides less than said distance between said stitch lines so that said knee pad can be inserted into a selected one of said pockets defined by said first plurality of panels and into a corresponding one of said pockets formed by said second plurality of panels so that said knee pad can be selectively positioned with respect to said panels.
- 15. The knee pad assembly of Claim 14 wherein said panels are directly sewn on said stitch lines to the front panel of the wearer's trousers.

- 16. The knee pad assembly of Claim 14 wherein there is a backing layer to which said panels are attached by said stitch lines and said backing layer is for attachment to the knee area of the user's trousers.
- 17. The knee pad assembly of Claim 14 wherein said pad has a concave face and a convex face and said pad is positioned so that its concave face is toward the user's knee.
- 18. The knee pad assembly of Claim 14 wherein said pad is a polymer foam pad, said polymer foam pad being configured to bend substantially on its center line.
- 19. The knee pad assembly of Claim 18 wherein said knee pad has a concave face for positioning toward the user's knee and a convex face for positioning away from the user's knee.
- 20. The knee pad assembly of Claim 14 wherein said knee pad has sides and said sides are curved to encourage bending across the centerline of the knee pad and said knee pad has a concave dome on its face for positioning toward the knee.